

Knowledge and issues, regarding physiological and psychological changes during puberty among adolescent girls

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Introduction

"Experience is not what happens to a man, it is what a man does with what happens to him"

Aldous Huxley

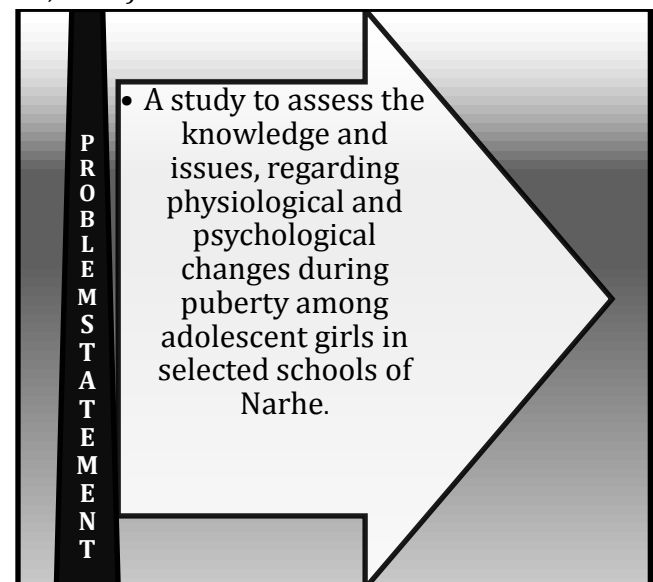


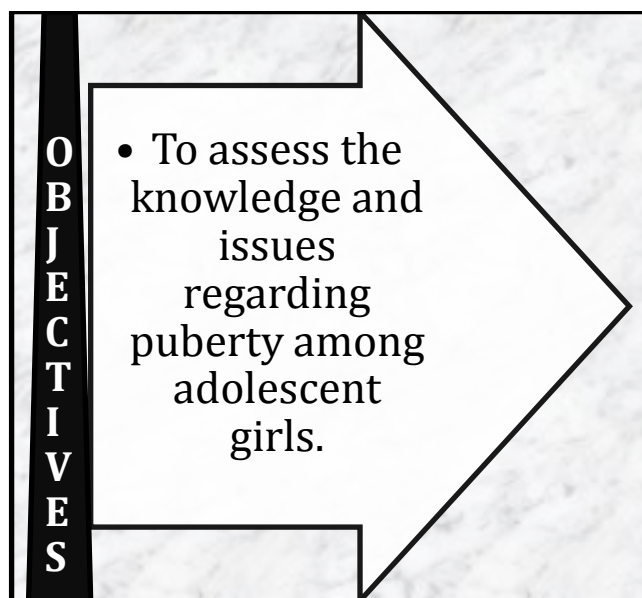
The term *adolescence* meaning 'to emerge', or 'achieve identity' is a relatively new concept, especially in development thinking. The origins of the term from the Latin word, 'adolescence' meaning 'to grow, to mature' indicates the defining features of adolescence.

India has one of the fastest growing youth populations in the world and adolescent girls of age 10 to 19 year constitute to one fifth of total population. Adolescence is a crucial period of life - a bridge between childhood and adulthood. However, little attention is paid for these populations and majority of adolescents still do not have access to information and education on sexuality, reproduction, sexual and reproductive health and rights nor have access to preventive and curative services.

Adolescents experience several types of maturation, including cognitive (the development of formal operational thought), psychosocial (the stages of adolescence), and biologic. The complex series of biologic transitions are known as puberty, and these changes may impact psychosocial factors. Pubertal timing is related to several dimensions of adolescent development.

Adolescence had been defined as a stage among human beings where a lot of physiological as well as anatomical changes take place resulting in reproductive maturity in them. Rapid physical changes create a strange state of mind in the adolescents. They grow extremely sensitive. At times, they experience a sense of embarrassment because of those changes. The associated sexual changes also bring in a lot of psychological as well as emotional changes. They need proper guidance, counseling and consolation. Most of the adolescents are illiterate and live in pathetic conditions and lack knowledge in critical areas of life that is essential for leading a healthy and meaningful family life and parenthood. (Gupta SD, 2003)





Research questions

What are the issues regarding physiological and psychological changes during puberty among adolescent girls ?

Methodology

Research Design: Descriptive exploratory design.

Setting of the study: Narayanrao Navale Primary school, Dhayari, Sinhgad College of Arts and Science College; Vadagaon, Pune .

Sample

Adolescent girls of selected schools of Narhe.

Sample criteria

Inclusion criteria:

- Adolescent girls in the age group of 10-19 yrs .
- Adolescent girls who are willing to participate in the study.
- Students available during the data collection period
- The study is limited to the selected schools of Narhe.

Exclusion criteria:

Adolescent girls who attended a health education programme recently about adolescent health.

Sample size: 50

Sampling Technique: Non probability convenience sampling technique

Data Collection Technique & Tool: semi structured questionnaire and Likert scale

Results and discussion

Major findings of the study:-

86 % of the samples were from age group 16 to 17 years, 60% of them were having age of menarche 13to 14 years, 40% of them were having 11to 12 .50 of them were from nuclear family 94 % of them were from Hindu religion 60 % of them were having NO elder sister, 34 % of them were having 1 elder sister, 36 % of them were having 2 elder sisters.

24 % of them had stress, 20 % of them had anxiety, 18 % of them had abuse and acne, 14 % of them had maladjustment, 6 %) of them had other problems.

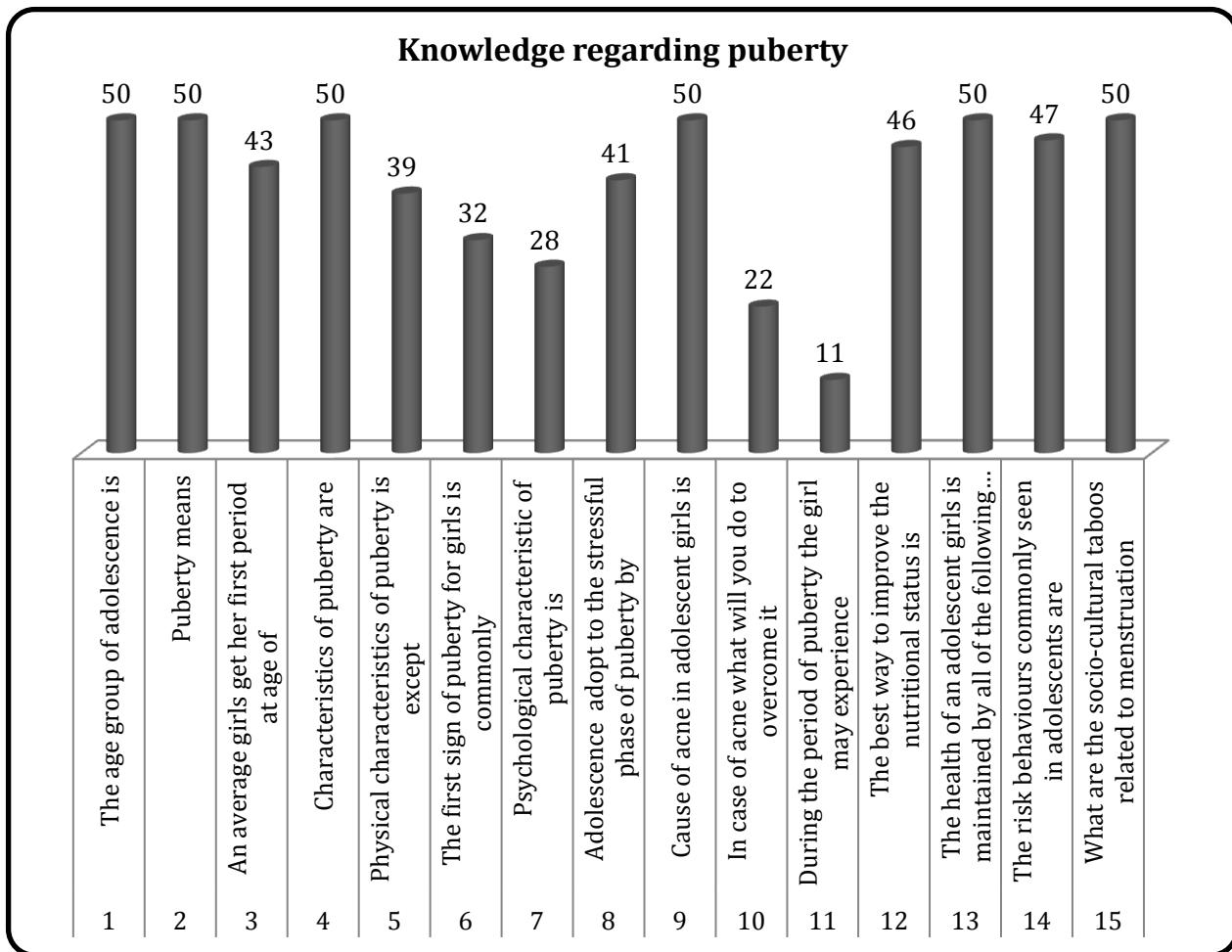
48 % of them used sanitary pads, 44 % of them used cloths, 6 % of them used cotton, 2 % of them used others and tampons. 44 % of them had mild pain, 40 % of them had moderate pain, 10 % of them had no pain, 6 % of them had severe pain.

26 % of them use medicine, 22 % of them take rest, 10 % of them not using any remedial measures, 4 (8 %) of them do massage, 6 % of them use other remedial measures.

18 % of their source of knowledge through school, 16 % of their source of knowledge through medias, books, peers group and others, 14 % of their source of knowledge through parents, 4 % have no source of knowledge.

All of them having knowledge about adolescent age group, meaning of puberty, changes in puberty, cause of acne, 22 % of them having lack of knowledge about experience of girl during pubertal period .

54 % of adolescence are worried about body changes during puberty,100%) of adolescents are getting family guidance and support during puberty, 64% are experiencing stress during puberty, 84 % are pressurized by peers, 90% feels weak during menstruation.



SR NO	LIKERT SCALE QUESTIONS	NEVER (1)	SOMETIME S (2)	FREQUENTLY (3)	ALWAYS (4)
1	Are you worried about your body changes	0	16	7	27
2	Does your family guides and supports you during this phase of puberty	0	0	0	50
3	Are you experiencing stress during puberty period	9	0	9	32
4	Are you anxious due to pubertal changes	0	0	2	48
5	Do you feel irritated when you think regarding physical changes	0	0	21	29
6	Are you getting cranky during your periods	0	0	5	45
7	Are you feeling weak during menstrual cycle due to blood loss	0	0	5	45
8	Do you share your feelings with your family members and colleagues	0	0	11	39
9	Does your family members are over conscious about you	0	0	0	50
10	Do you feel pressurized by your peers	8	0	0	42
11	Did anybody in your friend circle experienced sexual harassments	8	0	0	42

Implications of the Study

The objective of any educational programme is to bring about a desired change in knowledge and beliefs. The first step to achieving this target is to improve knowledge. It is of utmost importance that *Pubertal Education* to be incorporated among all the adolescent girls and also into the public information services in order to increase public awareness regarding *Adolescent Health*.

The findings of the present study have implications for Nursing Research, Nursing Education and Nursing Administration

Nursing Research

Nursing research is an essential aspect of nursing as it uplifts the profession develops new nursing norms and the body of knowledge. Another research had been added to the nursing literature. Very few studies have been done on similar basis. The research design, findings and the tool can be used as avenues for further research.

Nursing Education

Nursing education is developing rapidly in India and nurse from our country can be found all over the world providing care and education. The education curriculum must emphasize imparting knowledge about traditional as well as modern pubertal education.

Nursing Administration

As a part of administration, the nurse administrator plays a vital role in educating clients and student nurses. Nursing administration can depute nurses for various workshops, conferences, symposiums, special courses and also in service education programmes can be arranged for the nursing staffs.

So, the findings of the study should be used as a basis of in service education programme for nurses on imparting knowledge about pubertal education.

Discussion

The study to assess the knowledge and issues regarding physiological and psychological

changes during puberty in adolescent girls shows that the girls attain menarche in the age group of 13 -14 yrs ,previous studies on pubertal changes shows that the attainment of menarche in the girls at the age of 12-13 yrs .In our study it shows that girls while undergoing puberty go through lot of stress ,anxiety and maladjustment as compared with previous study .Knowledge regarding puberty is greater in the girls from educated families.This study find that the girls undergoing puberty needs more guidance and support from families ,peer groups etc.

Conclusion

It was found that the samples had some knowledge about puberty. And also, the study shows the significance relation between knowledge, issues and selected demographic variables.

The findings concluded that the assessment developed by the researcher was found that there is beneficial use of assessment of knowledge and issues regarding physiological and psychological changes during puberty.

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